Meat Pizza

If it's cooked meat, it can be on the pizza. Beef crumbles can be bought already prepared, or made ahead of time from fresh fried turkey or beef burger. Use chunk chicken, or a cooked, left over, chopped chicken breast. Other meats, such as beef mini sausages, Italian sausage, pork sausage, chicken sausage, steak, ham, ribs, pork chops, and even chopped roast can be used. Some prepared meats may be over spiced, use with caution. Seafood pizza has to be made carefully, and will not be covered in this cookbook. No two pizzas ever have to be the same.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beef
Cheese (lactose)
Flour (gluten)
Mushrooms
Onions
Pepper
Pepperoni
Peppers
Pizza sauce (tomatoes)
Pork
Spices
Turkey

Meatless Preparation Avoid:

Beef
Cheese
Pepperoni
Pork

Turkey
Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- Mixing bowl
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:
- 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
- 3 ounces of sliced pepperoni (beef and pork, or turkey)
- 2 ounces of Italian sausage crumbles
- 3 ounces chopped Italian sausage links
- 3 ounces of chopped mini sausages
- Optional:
  - 1/4 cup chopped bacon
  - 1/4 cup chopped chicken
  - 1/4 cup chopped ham
  - 1/4 cup chopped lunch meats
  - 1/4 cup chopped sausage
  - 1/4 cup chopped steak

Vegetables:
- Optional:
  - 3 ounces of mushrooms
  - 1/4 cup diced onions

Other ingredients:
- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:

Pre Pizza Preparation:

1. **Cook any of the chosen meats:**
   - **1/3 cup fresh scrambled burger**
   - **1/4 cup chopped bacon**
   - **1/4 cup chopped chicken**
   - **1/4 cup chopped sausage**
   - **1/4 cup chopped steak**
2. **Slice or dice any of the chosen ingredients:**
   - **2 ounces of beef crumbles (1/3 cup fresh scrambled burger)**
   - **4 ounces of sliced mushrooms**
   - **1/4 cup diced onions**
   - **3 ounces of sliced pepperoni (beef and pork, or turkey)**
   - **2 ounces of Italian sausage crumbles**
   - **3 ounces chopped Italian sausage links**
   - **3 ounces of chopped mini sausages**
   - **1/4 cup diced yellow squash**
   - **1/4 diced zucchini**
     - **Optional:**
       - **1/4 cup chopped bacon**
       - **1/4 cup chopped chicken**
       - **1/4 cup chopped ham**
       - **1/4 cup chopped lunch meats**
       - **1/4 cup diced red or green peppers**
       - **1/4 cup chopped sausage**
       - **1/4 cup chopped steak**

Pizza Preparation:

1. **Place the frozen pizza crust on the pizza pan.**
2. **Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14 ounce jar) on the crust.**
3. **Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.**
4. **Chop and spread ingredients across the crust. Choose all or some of the following:**
   - **2 ounces of beef crumbles (1/3 cup fresh scrambled burger)**
   - **3 ounces of sliced pepperoni (beef and pork, or turkey)**
   - **2 ounces of Italian sausage crumbles**
   - **3 ounces chopped Italian sausage links**
   - **3 ounces of chopped mini sausages**
     - **Optional:**
       - **1/4 cup chopped bacon**
       - **1/4 cup chopped chicken**
       - **1/4 cup chopped ham**
       - **1/4 cup chopped lunch meats**
       - **4 ounces of sliced mushrooms**
       - **1/4 cup diced onions**
       - **1/4 cup chopped sausage**
       - **1/4 cup chopped steak**

6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.